



MyActiveHealth www.MyActiveHealth.com

Welcome to the new Commonwealth Wellness Program, *MyActiveHealth*. This resource will help you to know your numbers, understand your health risks and give you tools to reach your health goals.

Here's How ***MyActiveHealth*** Works...

Step 1. COMPLETE THE *MyActiveHealth* HEALTH ASSESSMENT - Available May 1st

- ▶ It only takes about 20 minutes to answer questions about your health. When you're done, you'll get back a health report that shows a snapshot of your risks. Your health summary lists your current numbers alongside what they should be. Over time, it will also show your progress. You'll also see a list of risk factors you can change - like your weight, whether you smoke, and your physical activity. And a list of risk factors you can't change - like your age and gender.

Step 2. KNOW YOUR NUMBERS - Available August 1st

- ▶ You can schedule an appointment with your doctor to get your biometric numbers. Your doctor will check your height, weight and blood pressure, and may send you to a lab to get your blood sugar and cholesterol levels. The doctor visit and tests are covered under your health plan when they are coded as "preventive care." These screenings will also be available in the workplace...stay tuned for a location near you.

Step 3. TAKE ACTION TO REACH YOUR HEALTH GOALS - Available July 1st

Your health report also includes an action plan that offers suggestions to lower the identified health risks - including any appropriate ***MyActiveHealth*** wellness programs that may help. Simply visit www.MyActiveHealth.com/COVA.

- ▶ ***Healthy Insights*** - Have a serious condition? If you have been diagnosed with conditions such as diabetes, high blood pressure or high cholesterol, you can get one-on-one telephone support from a nurse care manager to help you understand and stick to your doctor's treatment plan.
- ▶ ***Healthy Beginnings*** - Having a baby? Expectant mothers can get help to increase the chances of having a healthy pregnancy and a healthy baby.
- ▶ ***Healthy Lifestyles*** - Need more help? You can work with a lifestyle coach - like a nutritionist or fitness expert - to help you over any roadblocks to your success.

